



Month: June Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Review Week	<p>PHG2.2 Demonstrate development of body awareness and physical activity</p> <p>PHG3.1 Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	May walk a taped line or balance on one foot briefly.	May coordinate body parts in obstacle movement.

Activity: Shape Path Walk

Place taped shapes on the floor (circle, square, triangle). Children walk, jump, or crawl along the shapes. Review shape names and ask, “What shape are you on now?” Vary the movement each time through.

Resources/Materials <ul style="list-style-type: none"> Floor tape in shapes Shape visual cards 	Key Vocabulary: circle, walk, shape	Support:
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Day 2	Topic(s)	Foundation(s)
	Review Week	<p>PHG3.1 Demonstrate development of fine and gross motor coordination</p> <p>PHG1.2 Demonstrate development of safety practices</p>
Indicators	Younger Preschool	Older Preschool
	May take turns and follow directions with help.	May avoid obstacles safely during movement games.
<p>Activity: Beanbag Toss</p> <p>Review colors and numbers while tossing beanbags into color-labeled bins. Children can count their throws, name the colors, and aim for targets. Encourage both underhand and overhand throws.</p>		
Resources/Materials <ul style="list-style-type: none"> • Beanbags • Color-labeled containers 	Key Vocabulary: toss, aim, color	Support:



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Day 3	Topic(s)	Foundation(s)
	Review Week	<p>PHG2.2 Demonstrate development of body awareness and physical activity</p> <p>PHG3.2 Demonstrate development of oral motor skills</p>
Indicators	Younger Preschool	Older Preschool
	May copy tongue or lip motions.	May blow or breathe in a direction.

Activity: Animal Breathing Games

Children practice “lion breaths,” “snake hisses,” and “elephant trunk breathing.” Use these as transitions between activities or after reading. Reinforce focus and control with breathing movements.

Resources/Materials <ul style="list-style-type: none"> • Visual cue cards • Animal puppets (optional) 	Key Vocabulary: breathe, lion, trunk	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	<p>PHG1.1 Demonstrate development of healthy practices</p> <p>PHG4.1 Demonstrate increased independence in personal care routines</p>
Indicators	Younger Preschool	Older Preschool
	May clean up or wash with support.	May take care of their body and belongings independently.
<p>Activity: Zookeeper Cleanup</p> <p>Have children use washcloths to pretend to clean zoo animals. Review how zookeepers help keep animals safe and healthy. Prompt them to think about how we clean up our space too.</p>		
Resources/Materials <ul style="list-style-type: none"> Plastic animal toys Washcloths and bowls 	Key Vocabulary: clean, help, wash	Support:



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Day 5	Topic(s)	Foundation(s)
	Review Week	<p>PHG3.1 Demonstrate development of fine and gross motor coordination</p> <p>PHG2.1 Demonstrate how the five senses support processing information</p>
Indicators	Younger Preschool	Older Preschool
	May use both hands to hold and place items.	May manipulate small items for accuracy.
<p>Activity: Toy Relay</p> <p>Set up a relay game with small animal figurines. Children pass toys from one end of the line to the other. Add a sorting or counting element by color or animal type for an extra challenge.</p>		
Resources/Materials <ul style="list-style-type: none"> Animal figurines Bins or baskets 	Key Vocabulary: relay, pass, team	Support: